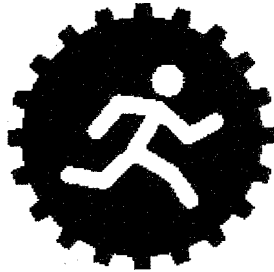


RELEASED ITEMS

**Missouri Assessment Program (MAP)
Elementary Health/Physical Education
Spring 2000
Grade 5**



Document Contents:

From Test Booklet

Session 1-Items 1, 8, 10, 17, and 28

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Scoring Guides

Session 1 -Items 1, 8, 10, 17, and 28

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Session 1 -Item 28

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Missouri Department of Elementary and Secondary Education

Introduction

This document presents ten released items from the Health/Physical Education MAP (Missouri Assessment Program) test given in the spring of 2000 to fifth-grade students in districts that volunteered to administer the test. A variety of items are included from Sessions 1 and 2: selected-response (multiple-choice), constructed-response, and a performance event. The Health/Physical Education MAP consists of three sessions to be administered in two class periods, with sessions 2 and 3 to be given during the same class period.

The **selected-response** items consist of individual questions, each of which is followed by four response options, one of which is correct.

The **constructed-response** items require students to construct an appropriate response to the question asked.

The **performance event** consists of a series of constructed-response items that relate to a specific scenario. These items provide insight into a student's ability to apply knowledge in different situations.

Materials also include scoring guides and anchor papers for the constructed-response items and the performance event. Anchor papers were selected from student papers that were scored by a group of Missouri teachers. The anchor papers represent the different points possible as established by the scoring guides. Student work was evaluated against these anchor papers to help determine appropriate student scores. Annotations (in boxes) are shown with each anchor paper to explain the reasons for assigning the indicated score.

Items for the Health/Physical Education MAP are organized around the following nine topics or themes:

- Body Systems
- Consumer Health
- Disease Prevention and Control
- Physical and Mental Health
- Life Management Skills
- Nutrition
- Physical Fitness and Movement
- Safety and Emergency Responses
- Tobacco, Alcohol and Other Drug Prevention

Items in the Health/Physical Education MAP address the following seven Show-Me Content Standards:

In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge of:

1. structures of, functions of, and relationships among human body systems,
2. principles and practices of physical and mental health (such as personal health habits, nutrition, stress management),
3. diseases and methods for prevention, treatment and control,
4. principles of movement and physical fitness,
5. methods used to assess health, reduce risk factors, and avoid high-risk behaviors (such as violence, tobacco, alcohol and other drug use),
6. consumer health issues (such as the effects of mass media and technologies on safety and health),
7. responses to emergency situations.

Items in the Health/Physical Education MAP address the Show-Me Process Standards, including *but not limited to*:

- 1.10 apply acquired information, ideas and skills to different contexts ,
- 3.5 reason inductively from a set of specific facts and deductively from general premises,
- 4.5 develop, monitor and revise plans of action to meet deadlines and accomplish goals,
- 4.7 identify and apply practices that preserve and enhance the safety and health of self and others.

GRADE 5

FROM TEST BOOKLET

Session 1-Items 1, 8, 10, 17, and 28

Session 2-Items 10, 12, 17, 18, and 19

1. **Your best friend shows you a weapon he brought to school and asks you not to tell anybody. Which of these should you do?**

- A. Pretend you never saw it.
- B. Ask your friend to keep it hidden.
- C. Tell a teacher as soon as possible.
- D. Tell your parents when you get home.

8. **Which is the most important reason you should avoid contact with another person's blood?**

- A. The blood may stain your clothes.
- B. Some blood types can cause rashes.
- C. Different blood types should not be mixed.
- D. The blood might be contaminated with disease.

10. **One way over-the-counter medicines are different from prescription medicines is that prescription medicines:**

- A. are usually less strong
- B. are meant only for adults
- C. must be ordered by a doctor
- D. must be bought at a health-food store

17. **John uses his muscular system when he kicks a ball. What two body systems work most closely with his muscular system to help him kick a ball?**

- A. Nervous and urinary
- B. Digestive and skeletal
- C. Respiratory and digestive
- D. Skeletal and nervous

28. **Give two reasons why everyone should follow rules during a game.**

- 1. _____
- 2. _____

10. Dan and Jeb have been swimming all morning at the lake. From the dock, Dan sees Jeb struggling in the water. What is one way Dan can best help Jeb without coming in contact with him?
-

Why is it dangerous to come in contact with a drowning person?

12. Look at the chart below:

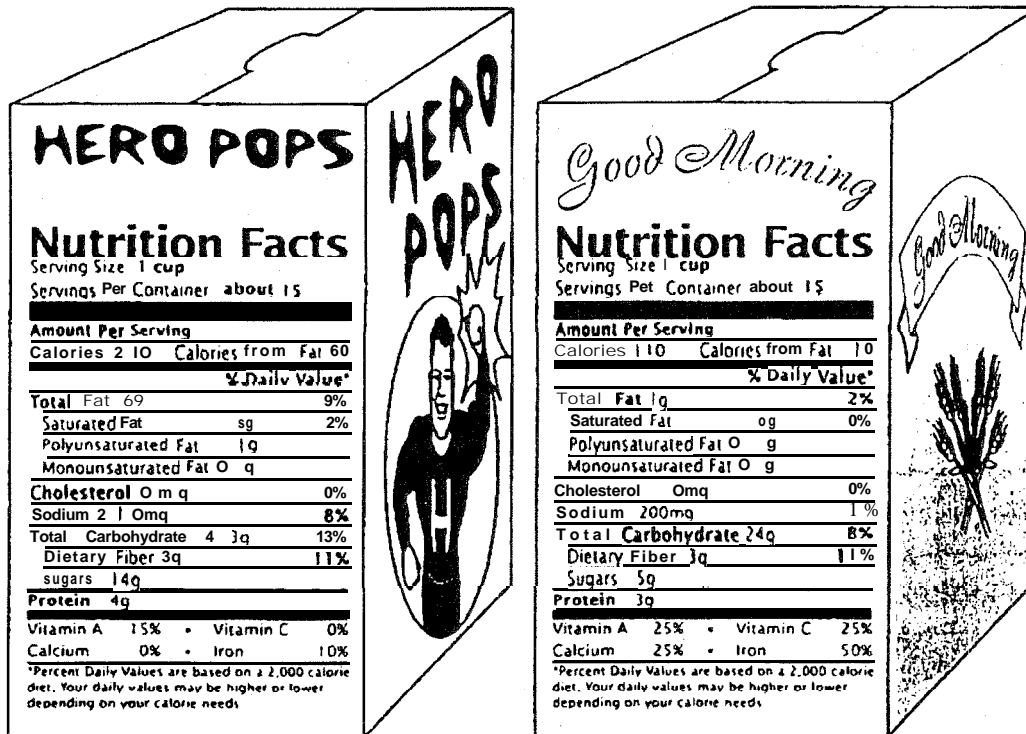
KELLY'S DAILY DIARY					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Sleep (hours of)	6	5	4	5	6
Eat breakfast	Yes	Yes	Yes	Yes	Yes
Brush teeth (times per day)	2	3	3	2	2
Exercise (30 minutes)	Yes	Yes	Yes	Yes	Yes

Which of these behaviors should Kelly probably change in order to be healthier?

- A. sleeping
- B. eating breakfast
- C. brushing teeth
- D. exercising

HERO POPS and *Good Morning*

You are trying to decide between two cereals at the grocery store. You look at the two boxes and compare the information on their Nutrition Facts labels.



17. Look at the pictures on the two cereal boxes. What group of people does **HERO POPS** most likely appeal to?

Give one reason why you think so.

18. Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

HERO POPS _____ *Good Morning* _____

How many total grams of fat are in one serving?

HERO POPS _____ *Good Morning* _____

How many total grams of sugar are in one serving?

HERO POPS _____ *Good Morning* _____

What percent of the daily value of vitamin A is in one serving?

HERO POPS _____ *Good Morning* _____

What percent of the daily value of iron is in one serving?

HERO POPS _____ *Good Morning* _____

19. Compare the information on the two labels. Write the name of the cereal that is more nutritious.

Name of cereal: _____

Give two reasons why the cereal you chose is more nutritious.

1. _____

2. _____

GRADE 5

SCORING GUIDES

Session 1-Items 1, 8, 10, 17, and 28

Session 2-Items 10, 12, 17, 18, and 19

Session I-Item 1 Correct Answer: *C-tell a teacher as soon as possible*

Content Standard

HP 7 responses to emergency situations

Process Standard

4.7 identify and apply practices that preserve and enhance the safety and health of self and others

Session I-Item 8 Correct Answer: *D-The blood might be contaminated with disease.*

Content Standard

HP 7 responses to emergency situations

Process Standard

1.10 apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers

Session I-Item 10 Correct Answer: *C -must be ordered by a doctor*

Content Standard

HP 5 methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use)

Process Standard

1.10 apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers

Session 1- Item 17 Correct Answer: *D -skeletal and nervous*

Content Standard

HP 1 structures of, functions of, and relationships among human body systems

Process Standard

3.5 reason inductively from a set of specific facts and deductively from general premises

Session 1- Item 28: 2 Possible Score Points

Content Standard

HP 4 principles of movement and physical fitness

Process Standard

4.7 identify and apply practices that preserve and enhance the safety and health of self and others

Key Elements:

- keep players safe
- make the game fair
- bring order to the game
- have fun
- not get penalized/in trouble
- be respectful/sportsmanship

Score Points:

2 points = 2 key elements

1 point = 1 key element

0 points = other

Session 2- Item 10: 2 Possible Score Points

Content Standard

HP 7 responses to emergency situations

Process Standard

4.7 identify and apply practices that preserve and enhance the safety and health of self and others

Key Elements:

Ways (one of *the following*):

- get help/call/signal for help
 - throw Jeb a flotation device/life jacket/inner tube/air mattress/etc.
 - extend a pole/oar/stick/rope from the dock or a boat
 - reassure him/calm him down
-

Why it is dangerous:

A drowning person may struggle and pull the rescuer under the water.

Score Points:

2 points = 2 key elements

1 point = 1 key element

0 points = other

Session 2- Item 12 Correct Answer: ***A-sleeping***

Content Standard

HP 2 principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)

Process Standard

4.7 identify and apply practices that preserve and enhance the safety and health of self and others

Session 2- Item 17: 2 Possible Score Points

Content Standard

HP 6 consumer health issues (such as the effects of mass media and technologies on safety and health)

Process Standard

3.5 reason inductively from a set of specific facts and deductively from general premises

Key Elements:

Which group:
children/young people/young adults

Reason (*one of the following*):

- cute/attractive
 - looks strong
 - looks like having fun/happy
 - cartoon character
-

Score Points:

2 points = 2 key elements

1 point = 1 key element

0 points = other



Session 2-Item 18: 5 Possible Score Points

Content Standard

HP 6 consumer health issues (such as the effects of mass media and technologies on safety and health)

Process Standard

1.10 apply acquired information and ideas and skills to different contexts as students, workers, citizens and consumers

Key Elements:

Serving size:

Hero Pops = 1 cup Good Morning = 1 cup

Grams of fat:

Hero Pops = 6 Good Morning = 1

Grams of sugar:

Hero Pops = 14 Good Morning = 5

Percent daily value of vitamin A:

Hero Pops = 15 Good Morning = 25

Percent daily value of iron:

Hero Pops = 10 Good Morning = 50

Score Points:

5 points = 5 key elements

4 points = 4 key elements

3 points = 3 key elements

2 points = 2 key elements

1 point = 1 key element

0 points = other

Session 2- Item 19: 2 Possible Score Points

Content Standard

HP 3 diseases and methods for prevention, treatment and control

Process Standard

3.5 reason inductively from a set of specific facts and deductively from general premises

Key Elements:

Name of cereal:

Good Morning

Reasons (two of the following):

- It is lower in fat.
- It is lower in sugar.
- It is lower in calories.
- It is higher in vitamin A/vitamins.
- It is higher in iron/minerals.

Note: Good Morning must be chosen for any credit for this item.

Score Points:

2 points = 2 key elements

1 point = 1 key element

0 points = other

GRADE 5

ANCHOR PAPERS FOR CONSTRUCTED-RESPONSE ITEMS

Session 1-Item 28

Session 2-Items 10, 17, 18, and 19

28

Give two reasons why everyone should follow rules during a game.

1. You can Play fair and not cheat
2. So you won't get kick off the team.

Score Point 2

Doc ID# 121685

2 Key Elements

- play fair
- won't get "kick" off the team=not get penalized

28

Give two reasons why everyone should follow rules during a game.

1. So no one will get hurt.
2. if you do you'll most likely win.

Score Point 1

Doc ID# 150692

1 Key Elements

- no one hurt = keep players safe
- most likely win = incorrect

28

Give two reasons why everyone should follow rules during a game.

1. so you'll have the strength to do it
2. so you have a chance to practice

Score Point 0

Doc ID# 151083

No Key Elements

- Strength to do it/chance to practice=incorrect

- 10 Dan and Jeb have been swimming all morning at **the** lake. From the dock, Dan sees **Jeb** struggling in the water. What is one way Dan can best help **Jeb** without **coming** in contact **with** him?

go get help.

Why is it dangerous to come in contact **with** a **drowning** person?

they can pull or push you under

Score Point 2

Doc ID# 151704

2 Key Elements

➤ get **help**

pull or push you under = **danger** of drowning

- 10 Dan and Jeb have been swimming **all** morning at **the** lake. From the **dock**, Dan sees **Jeb** **struggling** in the water. What is one way Dan **can** best help **Jeb** without coming in contact with **him**?

Take him up to shore

Why is it dangerous to come in contact with a **drowning** person?

They can pull you under.

Score Point 1

Doc ID# 156142

1 Key Elements

➤ **take to shore** - too vague

b pull you under -danger of drowning

- 10 Dan and **Jeb** have **been swimming all** morning at the lake. From the dock, Dan **sees Jeb** struggling in the water. **What** is one way Dan can **best help Jeb without** coming in contact **with** him?

Swim out to get him.

Why is it dangerous to come in contact with a **drowning** person?

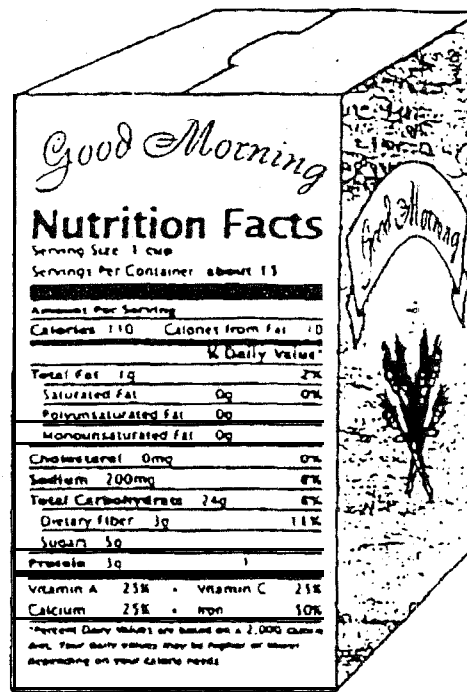
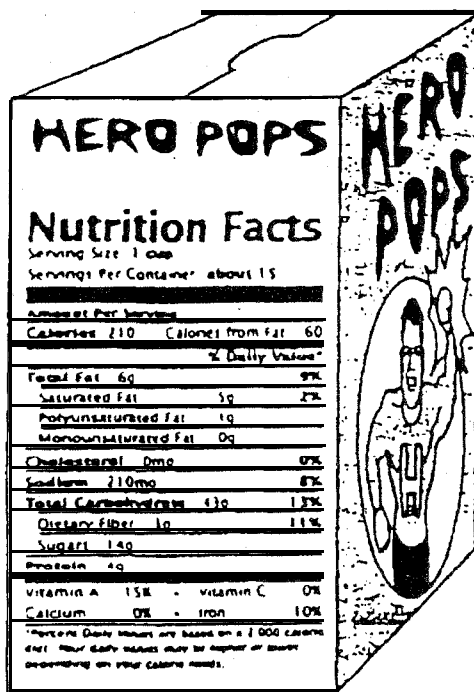
It might make them struggle more and use all his energy.

Score Point 0

Doc ID# 124738

0 Key Elements

- **incorrect** way of helping
- **incorrect** danger



- 17 Look at the pictures on the two cereal boxes. What group of people does *Hero Pops* most likely appeal to?

Little Kids

Give one reason why you think so.

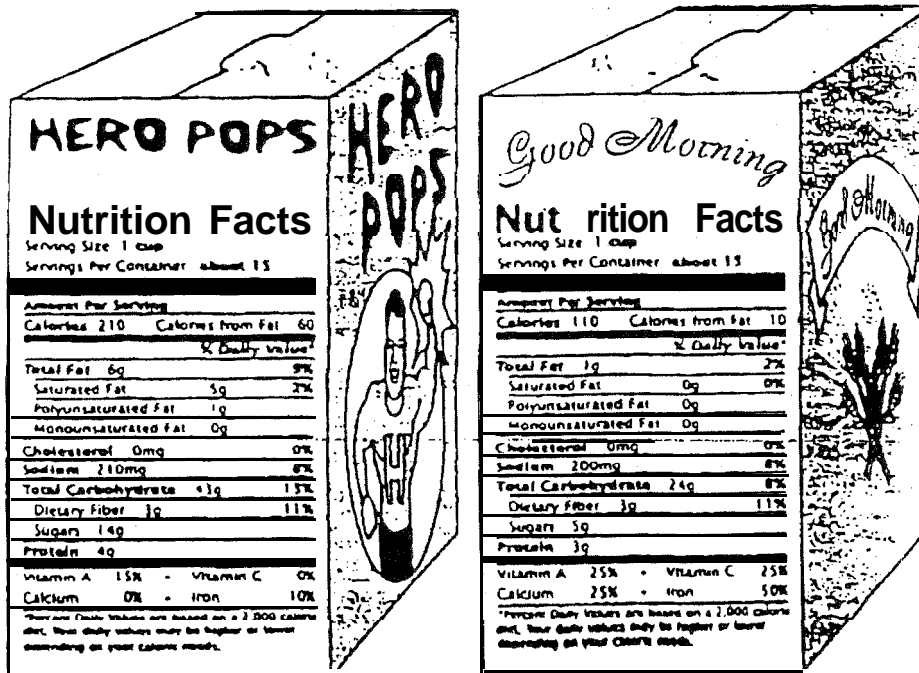
There is a super hero on the front.

Score Point 2

Doc ID# 124715

2 Key Elements

- little kids
- super hero = cartoon character



- 17 Look at the pictures on the two cereal boxes. What group of people does *Hero Pops* most likely appeal to?

Kids

Give one reason why you think so.

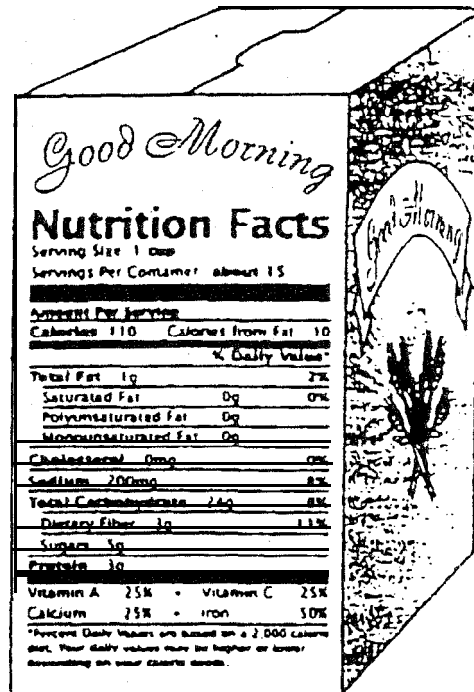
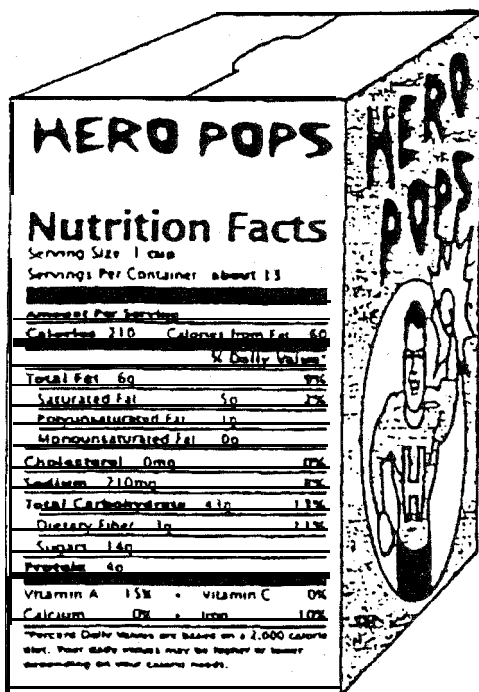
because kids like sugary cereal

Score Point 1

Doc ID# 152188

1 Key Elements

- kids
- kids like "sugary" cereal - incorrect



- 17 Look at the pictures on the two cereal boxes. What group of people does *Hero Pops* most likely appeal to?

People that eats well

Give one reason why you think so.

It has more calories and stuff.

Score Point 0

Doc ID# 136325

No Key Elements

- people that eats well • incorrect
- more calories and stuff • incorrect

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 1 cup Good Morning 1 cup

How many total grams of fat are in one serving?

Hero Pops 6g Good Morning 1g

How many total grams of sugar are in one serving?

Hero Pops 14g Good Morning 5g

What percent of the daily value of vitamin A is in one serving?

Hero Pops 15% Good Morning 25%

What percent of the daily value of iron is in one serving?

Hero Pops 100% Good Morning 50%

Score Point 5

Doc ID# 113687

5 Key Elements

➤ correctly identifies all key elements

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 1 cup Good Morning 1 cup

How many total grams of fat are in one serving?

Hero Pops 6g Good Morning 1g

How many total grams of sugar are in one serving?

Hero Pops 210g Good Morning 200g

What percent of the daily value of vitamin A is in one serving?

Hero Pops 15% Good Morning 25%

What percent of the daily value of iron is in one serving?

Hero Pops 10% Good Morning 50%

Score Point 4

Doc ID# 118001

4 Key Elements

- correctly identifies 4 key elements
- 2 10g/200g sugar = incorrect

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 1 Cup Good Morning 1 Cup

How many total grams of fat are in one serving?

Hero Pops _____ Good Morning _____

How many total grams of sugar are in one serving?

Hero Pops 6 g Good Morning 1 g

What percent of the daily value of vitamin A is in one serving?

Hero Pops 15% Good Morning 25%

What percent of the daily value of iron is in one serving?

Hero Pops 10% Good Morning 50%

Score Point 3

Doc ID# 152219

3 Key Elements

- correctly identifies 3 key elements
- fat g • no response
- sugar g • incorrect

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 2 Good Morning 1

How many total grams of fat are in one serving?

Hero Pops 6 Good Morning one

How many total grams of sugar are in one serving?

Hero Pops 15 Good Morning 25

What percent of the daily value of vitamin A is in one serving?

Hero Pops 150% Good Morning 250%

What percent of the daily value of iron is in one serving?

Hero Pops 0 Good Morning 50

Score Point 2

Doc ID# 152178

2 Key Elements

- correctly identifies 2 key elements - fat/vitamin A
- serving size - incorrect
- sugar g - incorrect
- iron - incorrect

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 1 cup Good Morning 1 cup

How many total grams of fat are in one serving?

Hero Pops 2 grams Good Morning 0 grams

How many total grams of sugar are in one serving?

Hero Pops 3 grams Good Morning 1 gram

What percent of the daily value of vitamin A is in one serving?

Hero Pops 2 grams Good Morning 6 grams

What percent of the daily value of iron is in one serving?

Hero Pops 4 grams Good Morning 15 grams

Score Point 1

Doc ID# 114712

1 Key Elements

- correctly identifies 1 key elements - serving size
- all others - incorrect

18 Look at the Nutrition Facts labels for both cereal boxes.

What is one serving size?

Hero Pops 15 **Good Morning** 15

How many total grams of fat are in one serving?

Hero Pops 2 **Good Morning** 4

How many total grams of sugar are in one serving?

Hero Pops 5 **Good Morning** 14

What percent of the daily value of vitamin A is in one serving?

Hero Pops 50 **Good Morning** 50

What percent of the daily value of iron is in one serving?

Hero Pops 50 **Good Morning** 10

Score Point 0

Doc ID# 125694

No Key Elements

➤ all responses incorrect

- 19 Compare the information on the two labels. Write the name of the cereal that is more nutritious and give two reasons why the cereal you chose is more nutritious.

Name of cereal: Good Morning - - -

1. Has more iron than Hero Pops
2. Has more vitamin A.

Score Point 2

Doc ID# 118001

2 Key Elements

- Good Morning
- 1. more iron = higher in iron
- 2. more vitamin A = higher in vitamin A

- 19 Compare the information on the two labels. Write the name of the cereal that is more nutritious and give two reasons why the cereal you chose is more nutritious,

Name of cereal: good Morning

1. It has least stuff.
2. It ant all fat stuff

Score Point 1

Doc ID# 114705

1 Key Elements

- Good Morning
- 1. least stuff - incorrect
- 2. "ant" (ain't) all fat stuff - incorrect/too general

19

Compare the information on the two labels. Write the name of the cereal that is more nutritious and give two reasons why the cereal you chose is more nutritious.

Name of cereal: Hero pops

1. calcium 0%

2. iron 10%

Score Point 0

Doc ID# 114719

No Key Elements

>incorrect cereal choice-no credit